

Colonoscopy: How to prepare with Miralax®

MEDICATION CHANGES

You may need to stop or adjust blood thinning or diabetes medicines before your procedure. Call our office if you have not received instructions.

- **Blood thinning medicines** - like prasugrel (Effient®), warfarin (Coumadin®), clopidogrel (Plavix®), dabigatran (Pradaxa®), rivaroxaban (Xarelto®), apixaban (Eliquis®), enoxaparin (Lovenox®), or ticagrelor (Brilinta®).

Aspirin should continue unless instructed otherwise.

- **Diabetes medicines** - your diabetes medicine and blood sugar testing may need to be changed during your prep time. Please call your primary care provider for guidance.

7 DAYS BEFORE

Arrange for a Licensed Driver.

Must be at least 18 years old and have a cell phone.

3 DAYS BEFORE

Purchase one 238g bottle of Miralax® (or generic equivalent) from pharmacy, four Dulcolax® (bisacodyl) tablets, and two 32 oz bottles of Gatorade® (or similar). NO RED OR PURPLE.

Stop these medications:

- Fiber or iron supplements (like Metamucil®, Citrucel®, or Benefiber®).
- Anti-diarrhea medicines (like Kaopectate®, Lomotil®, Pepto-Bismol® and Imodium® or loperamide).
- Daily Vitamin

START a low residue diet.

Choose these types of food:

- White bread, pasta or rice
- Low fiber cereal (puffed rice, cream of wheat, corn flakes)
- Canned or cooked fruits and vegetables without seeds or skin
- Yogurt (no seeds or berries), cottage cheese or eggs
- Tender, well cooked or ground meat without gristle
- Plain crackers, cookies or cakes

Avoid these types of food:

- Corn, popcorn, seeds or nuts
- Uncooked vegetables, beans, lentils and potato skins
- Fruits with skins or seeds
- Whole grain breads, granola or high fiber cereals

1 DAY BEFORE

Eat a low residue breakfast. Breakfast must be consumed before 10am. You may also drink clear liquids.

LOW RESIDUE BREAKFAST OPTIONS

You may have **ONE** of the following:

- 2 eggs (fried, over easy, scrambled or boiled) with or without condiments AND 2 slices white bread **OR**
- 2/3 cup yogurt (no seeds, berries or nuts) AND 1 banana

Once breakfast is completed you will no longer have any solid food until after your surgery is completed.

**CLEAR LIQUIDS ARE ALLOWED UP TO TWO HOURS BEFORE CHECK-IN.
PLEASE AVOID RED OR PURPLE LIQUIDS.**

CLEAR LIQUIDS

Choose these types of liquid:

- Water and soda
- Tea or coffee without milk or cream
- Clear broth (beef, chicken or vegetable)
- Clear, light colored juices or sports drinks
- Popsicles without fruit or cream
- Jell-O or gelatin without fruit

Avoid these types of liquid:

- Red or purple liquids
- Milk or cream
- Alcoholic beverages
- Orange, grapefruit and tomato juice
- Soup other than clear broth

MIX a 1/2 bottle of Miralax® into each 32 oz bottle of Gatorade®. Place in refrigerator to keep cold.

4pm (Evening BEFORE Procedure)

- Take four Dulcolax® tablets with water.

6pm

- Drink an 8 oz glass for prep (using a straw) every 10-20 minutes until one bottle of Gatorade®/Miralax® is gone.
- You will have diarrhea 1-2 hours after drinking the solution.
- You may take your medications with a small sip of water (except those you were instructed to hold).
Take your medications at least one hour before or after drinking your prep.

DAY OF PROCEDURE

DO NOT eat any solid food. Continue to drink clear liquids throughout the day.

DO take your heart or blood pressure medication the morning of the exam.

4 Hours Prior to your check in time

- Drink an 8 oz glass of prep every 10-20 minutes until the second bottle of Gatorade®/Miralax® is empty.
- Drink ALL of the liquid in the container.
- As you finish your prep, your stools should be clear/yellow and watery in appearance. Flecks of stool are OK.
If you are still passing solid or brown, call us at 515.875.9115.

2 Hours Prior to your check in time

- You **MUST** be done drinking all fluids.

SPECIAL INSTRUCTIONS

- Individual coverage benefits vary. You are responsible for checking with your insurance regarding your benefits and any required prior authorization.
- Your test will be rescheduled if you do not have a driver 18 years or older available at drop off.

WHAT TO DO/BRING ON THE DAY OF YOUR PROCEDURE

- Insurance Cards/Photo ID/Advance Directive if available
- List of medications/surgeries
- Any inhalers
- Wear comfortable clothing/no underwire bras
- Remove ALL jewelry and piercings
- Leave valuables at home

WHAT TO EXPECT

- Approximate length of stay is 2-3 hours. Your driver may leave after drop off and will be instructed when to return. Remind them to bring a cell phone.
- Please note, marijuana use the day of your procedure is prohibited and will result in your procedure being rescheduled.

QUESTIONS?

Your questions are important to us. Please utilize our website for more information:

www.iowaclinic.com/prep-instructions



➔ **Scan the QR code to watch an easy-to-follow overview of our recommended colonoscopy prep.**

You may also send us a message using your MyHealth portal during normal business hours or call 515.875.9115 with any questions or concerns.